



# Vaccine Recommendations for Older Adults



COUNTY OF LOS ANGELES  
**Public Health**

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# Why Are Vaccines Recommended for Older Adults?

- **People who are 65 years and older are at higher risk of getting very sick from vaccine-preventable diseases such as flu, COVID-19, pneumonia, and RSV.**
- **Vaccines are a safe way to stay protected and prevent serious illness.**
- Vaccines provide protection from vaccine-preventable diseases that can lead to hospitalization and death. Staying up to date with recommended vaccines provides maximum protection.
- Recommended vaccines for older adults are based on age, health conditions, medical history, job requirements, and/or travel.



# Which Vaccines Are Recommended for Older Adults?

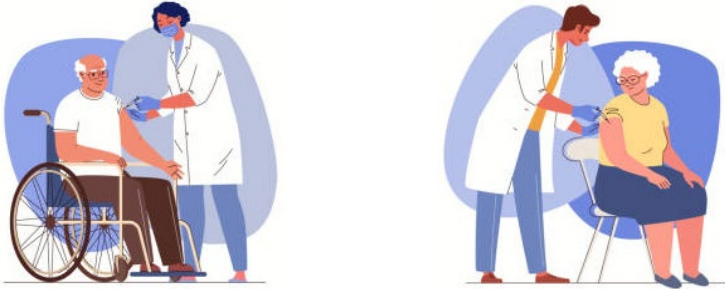
|                           |   |
|---------------------------|---|
| Flu                       | You should get this every year, especially in the fall, to reduce the risk of getting the flu. If you're 65 or older, ask your provider about the higher dose flu vaccine.  |
| COVID-19                  | This vaccine is updated from time to time to protect against the latest strains of the virus. Everyone age 6 months and older is recommended to receive at least 1 dose of the updated COVID-19 vaccine.                              |
| Pneumococcal*             | 1 dose of this vaccine protects against serious infections caused by this bacteria.   |
| Shingles (Herpes Zoster)* | This two-dose vaccine protects against shingles in adults 50 years and older, taken two to six months apart for maximum protection. Check with your provider if you already received the one-dose Zoster vaccine.                     |
| Tdap                      | A dose of this vaccine protects against tetanus, diphtheria, and whooping cough. You may need a booster every 10 years.   |
| RSV*                      | 1 dose of vaccine is protects against lung infections caused by respiratory syncytial virus (RSV). Adults 75 years and older, and adults 60–74 years with an increased risk of severe RSV disease, are recommended to receive 1 dose. |

***\*Consult with your provider for more information.***

*Note: Table modified from [LAC DPH Older Adults Flyer](#).*

# How Vaccines Work

**Vaccines cannot give you a disease.**



- Vaccines **safely** teach your body how to recognize and fight off harmful diseases. In rare circumstances, immunization can prompt mild symptoms that are similar to the disease the vaccine is protecting against. These symptoms are not infection, but evidence of the body's immune response to the vaccine.
- There are different types of vaccines. They can be given through the nose, mouth, or as an injection.
- While no vaccine is 100% perfect, they are the best way to protect you from severe illness. Many factors can affect the level of protection vaccines provide such as:
  - The amount of exposure to infection
  - Time since receiving the vaccine
  - Individual health

# Routine Vaccines for Older Adults

## Benefits of Vaccination

Vaccines reduce your risk of getting certain diseases by helping your body safely develop immunity. If you do get sick after exposure to a disease, being vaccinated lowers your risk of serious complications caused by the disease.



Vaccines also reduce the chance of spreading disease to others around you. By getting vaccinated, you're also helping your community against the spread of serious diseases.

Go to [cdc.gov/vaccines/by-age/index.html](https://cdc.gov/vaccines/by-age/index.html) to learn more about vaccines recommended for adults. Also available in Spanish.

# Routine Vaccines for Older Adults

**Vaccines help save time and money.**



Vaccines help you stay healthy so you don't have to miss work, activities, or gatherings with family and friends, saving you more time to do the things you enjoy.

Getting sick can be very costly. Even with insurance, medical bills can add up quickly if you become seriously ill, hospitalized, or disabled due to a vaccine-preventable disease.

Go to [www.cdc.gov/nip/adultimmsched](https://www.cdc.gov/nip/adultimmsched) to take a quick quiz for a list of vaccines you may need. Also available in Spanish.

# Older Adults at Higher Risk

- **Vaccines are especially important for protecting people living with certain health conditions that can put them at higher risk for serious illnesses, hospitalization, or even death from vaccine-preventable diseases.**

Some of these conditions are:

## **Diabetes**

(Type 1 and 2)

## **Cardiovascular Disease**

(ex. high blood pressure, clogged arteries, heart attack, stroke)

## **Chronic Obstructive Pulmonary Disease**

(including asthma)

## **Asplenia**

(including those without functioning spleens)

## **HIV**

## **Liver Disease**

## **Kidney Disease**

## **Weakened Immune System**



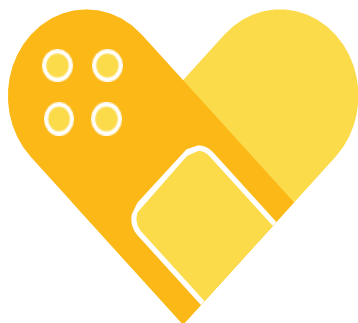
# Recommended Vaccines Based on Health Conditions

**Getting vaccinated is the safest way to protect your health.**

Vaccine recommendations may differ based on health conditions, prescribed medications, treatments (e.g., hemodialysis), or immune system levels (i.e., CD4 count).

Everyone, especially people with certain health conditions should make sure they are up-to-date on:

- COVID-19
- Flu (influenza)
- Tdap or Td
- Hepatitis A
- Hepatitis B
- Pneumococcal
- Chickenpox (varicella)
- MMR (measles, mumps, and rubella)
- Hib vaccine (*Haemophilus influenzae* type b)
- Meningococcal (MenACWY and MenB)



**Talk to your doctor about vaccines recommended for you.**

# Recommended Vaccines Based on Profession

## Healthcare Workers

People who work directly with patients, handle infectious materials, or work in a healthcare facility, are at higher risk for developing or spreading certain vaccine-preventable diseases.

Those working in healthcare settings should make sure they're up to date on vaccines, such as:

- Flu
- COVID-19
- Hepatitis B
- Meningococcal
- Shingles (zoster)
- Chickenpox (varicella)
- MMR (measles, mumps, and rubella)
- Tdap (tetanus, diphtheria, and pertussis)



# Recommended Vaccines Based on Travel

## International Travelers

Connect with your healthcare provider several weeks **before** your trip to find out which vaccines may be recommended for you based on the location are traveling to. Some vaccines take weeks to build good protection against vaccine-preventable diseases.

There are specific vaccines required and recommended for travelers. Please visit [wwwnc.cdc.gov/travel/page/travel-vaccines](http://wwwnc.cdc.gov/travel/page/travel-vaccines) for more details.

You can also stay safe when traveling with these simple actions:

- Vaccination
- Masking
- Social distancing
- Frequent hand washing
- Staying home and getting tested if sick



# Recommended Vaccines for Immigrants

Immigrants applying for either a visa or permanent residence in the U.S. **must** be vaccinated against the following:

- 
- Measles
  - Mumps
  - Rubella
  - Diphtheria
  - Tetanus
  - Pertussis
  - Hepatitis A
  - Hepatitis B
  - Varicella
  - Polio
  - Rotavirus
  - Pneumococcal
  - Meningococcal
  - Haemophilus influenzae type B (Hib)
- 



Visit [cdc.gov/vaccines/by-age/index.html](https://cdc.gov/vaccines/by-age/index.html) to review required and recommended vaccines for immigrants. Also available in Spanish.

# Recommended Vaccines for Refugees

The [California Refugee Health Assessment Program](#) (RHAP) provides a free comprehensive health assessment to newly arrived refugees, asylees, victims of severe forms of human trafficking (federally certified), and other eligible entrants such as Special Immigrant Visa holders and those granted humanitarian parole from Afghanistan, Cuba, Haiti, and Ukraine.



To learn more about this program, call (818) 291-8902

# **For Families with Older Adults**

## **Protecting your Loved Ones in Long-term Care Facilities (LTCFs)**

**LTCF residents are among the most vulnerable to severe complications from vaccine-preventable diseases.**

**Vaccinations play a critical role in protecting the health and well-being of the entire community at LTCFs.**

### **How to stay safe in LTCFs?**

- Staying up-to-date on vaccinations.
- Washing your hands frequently.
- Staying informed and supporting vaccinations.

Vaccinations help create a safer environment within LTCFs. By staying up to date with vaccines you help reduce the risk of outbreaks in the facility.

Engage with the LTCF staff to address any concerns or questions you may have about vaccines. They can provide valuable information tailored to the specific needs and conditions within the facility.

# Locating Your Immunization Records

## Doctors Office/Pharmacy

- Contact the last place you were vaccinated.

Doctor's offices, clinics, and pharmacies may be able to print your immunization record for you.

## Digital Vaccine Record

- The California Department of Public Health (CDPH) maintains an immunization registry.

If your immunization record exists in this registry, you may request a digital copy of your vaccine record through the California Digital Vaccine Record portal.

Go to [myvaccinerecord.cdph.ca.gov](https://myvaccinerecord.cdph.ca.gov) to download your vaccine records. Also available in Spanish.

If you cannot find your records, consult with your doctor to see if some vaccinations need to be repeated.

# Do You Have Questions About Routine Vaccinations?

Check off any questions listed below you have (write down others if not listed) and bring this booklet with you to your next appointment so that you are ready to ask your doctor to help answer them.



- ☐ Am I due for any vaccines?
- ☐ Do I need any vaccines based on my health conditions?
- ☐ Do I require any vaccines if I'm traveling abroad?
- ☐ Which vaccines are recommended each season?

1. \_\_\_\_\_

2. \_\_\_\_\_

Go to [www2.cdc.gov/nip/adultimmsched](http://www2.cdc.gov/nip/adultimmsched) to take a quick quiz for a list of vaccines you may need. Also available in Spanish.



# How to Get Routine and Required Vaccinations

## Uninsured or underinsured\* people

Low- or no-cost vaccinations are available.

1. Call **2-1-1** or visit [ph.lacounty.gov/ip/clinics.htm](https://ph.lacounty.gov/ip/clinics.htm) to find a community clinic in your area offering the vaccines you need.
2. Call the **Public Health Call Center** at **1-833-540-0473** from 8 a.m. to 8 p.m. seven days a week.
3. Visit [ph.lacounty.gov/vaccines](https://ph.lacounty.gov/vaccines) for more information.



\*Underinsured people who have health insurance, but their insurance may not include vaccines, may cover only selected vaccines, or may have a fixed dollar limit/cap for vaccines.

## People with insurance

- If you have health insurance or a regular health care provider, please contact them for immunization services.

# What are the Benefits of Routine and Required Vaccinations?

1. Getting vaccinated is the best way to protect yourself from vaccine-preventable diseases.



2. Staying up-to-date on vaccinations makes it **safer** to:

- ✓ Be with family, friends, and neighbors
- ✓ Go to community events

## What are 2 other benefits of getting vaccinated?

1. \_\_\_\_\_

2. \_\_\_\_\_

# Health and Aging Services

The Los Angeles County Department of Public Health, Office of Senior Health offers information on the following services:

- Medicare and Medicaid Support
- Adult Day Care
- Long Term Care



For more information  
call **1-213-351-7825** or  
visit  
[ph.lacounty.gov/aging](https://ph.lacounty.gov/aging).

# Older and Dependent Adult Services

The Los Angeles County Aging and Disabilities Department offers the following services for older and dependent adults:



- Nutritional Programs
- Support Services and Caregiving
- Improving Quality of Life

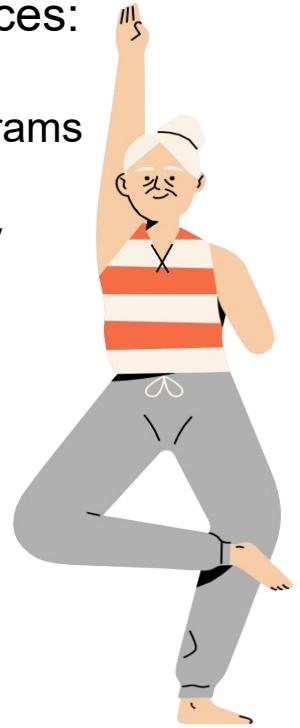
For more information, call the Information and Assistance Hotline at **1-800-510-2020** or visit [ad.lacounty.gov](https://ad.lacounty.gov).



# Older Adult Services

The City of Los Angeles Department of Aging offers the following services:

- Employment and Training Programs
- Legal Assistance and Advocacy
- Wellness and Safety Programs
- Multipurpose Senior Centers
- Mental Health Services
- Housing Programs



For more information, please call **1-213-482-7252** or visit [aging.lacity.gov/older-adults](https://aging.lacity.gov/older-adults).

For non-emergency city services, call **3-1-1** or visit [lacity.gov/myla311](https://lacity.gov/myla311).

# Mental Health Services

The COVID-19 pandemic introduced new challenges for people of all ages. These challenges have impacted mental health for many. If you, or someone you know, may benefit from services available to support older adults coping with mental health distress, please contact one of the following:

## 1. Senior Friendship Line

- Call the 24/7 helpline at **1-800-971-0016**.
- Go to [ioaging.org/services/friendship-line](https://ioaging.org/services/friendship-line) for more information.

## 2. Helping Hands Senior Foundation

- Call the helpline at **1-818-279-6580** Monday through Friday from 8:30 am to 5:30 pm.
- Go to [helpinghandsla.org](https://helpinghandsla.org) for more information.

